

Qualities of a Successful Co-parent:

- Communicates and negotiates with ex-spouse or ex-partner about the child(ren).
- Respects former spouse or partner as a parent despite relationship disappointments and personal differences.
- Is able to put past disagreements and conflicts aside and concentrate on the child(ren).
- Shares control with the co-parent and respects his/her own style of parenting.
- Can tolerate differences in child rearing practices and values without seeing them as harmful to the child and distinguishes between important and unimportant differences.
- Values what the other parent has to offer the child(ren).

Advantages of Co-parenting:

1. Parents are equals so that the father is less likely to feel like an outsider or money-machine. This can also reduce hostility and resentment.
2. Both parents feel good themselves because they know they are working together for their child.
3. On-going contact between your child and both of his/her parents.
4. There is less chance that you will have to go back to court.
5. Fathers (or the non-residential parent) are given the opportunity to show their commitment to parenting.
6. Both parents have more time to pursue personal goals and activities.

Difficulties of Co-parenting:

1. More contact with your ex-spouse or ex-partner can trigger jealousy, hostility, and resentment. If you and your ex-spouse or ex-partner fight constantly, your child will always be exposed to it. Animosity between parents is linked to long-term emotional problems for children.
2. More opportunities for the child to play one parent against the other.
3. If you want to relocate, you may have a custody problem.
4. In cases where there is real or threatened physical abuse, contact between ex-spouses or ex-partners can be dangerous.